

MATURE ADULTS

MATURE ADULT VALENTINE DANCE

Vienna Parks and Recreation in collaboration with the Shepherd's Center of Oakton-Vienna are inviting Mature Adults ages 55+ to attend a Valentine's Day Dance on Friday, February 13, 2015 from 3:00-5:00pm at the Vienna Community Center, 120 Cherry St. SE, Vienna, VA. The afternoon includes Lasagna dinner, salad and garlic bread provided by Marco Pollo, dessert, musical entertainment and dancing to the sounds of The Tallwood Trio. Come join in on the fun. Don't miss this great opportunity of fellowship with others in celebration of Valentine's Day. Admission is \$10 per person. Registration deadline is January 30th.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
341333-A1	2/13	1	F	3-5P	Adult	\$10/\$10/\$10

WOMEN'S HEART HEALTH LECTURE

Instructor: American Heart Association

Family history, eating habits and sleep patterns are just a few of the factors that raise a woman's risk for heart disease. But the good news is, 80 percent of heart attacks and strokes can be treated, prevented and even ended, if women learn about what puts them at risk and take action toward fighting it. Join a representative from the American Heart Association to learn those risk factors and how making positive changes can put an end to heart disease, the No. 1 killer in women, once and for all. Topics that will be discussed include: nutrition, low sodium recipes, cardiovascular facts, stroke facts and CPR training cards. This is a FREE lecture however REGISTRATION IS PREFERRED.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
340071-A1	2/23	1	M	10-11A	Adult	Free

APPRAISAL EVENT

Instructor: NOVAGOLD, LLC

Look around at the items in your home and decide which ones you want to learn more about: gems, jewelry, diamonds, gold, silver, timepieces and coins. A NovaGold GIA Certified Appraiser will be presenting and advising you on what you have, how old it is, where to sell, estate planning, insurance, tax issues and donations, as well as repair and restoration. Participants are invited to bring 1 item per person for evaluating during the discussion based on first come, first served. This is a FREE event; however registration is required.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
340073-A1	3/16	1	M	10-11A	Adult	Free

CONTAINER GARDENING AND COMPOSTING BASICS

Instructor: Robin Jenkins Vanderlip

Spring container gardens can bring so much beauty and color to your porches and decks. Learn how to make a container garden that will bloom throughout the summer. Robin Jenks Vanderlip, Master Gardener will discuss what plants work best and why; and she will teach you the elements of focal points and plant care. Join us for a make and take on May 18. Bring gloves everything else included. REGISTRATION IS REQUIRED. \$25 supply fee paid to the instructor. Spring container gardens can bring so much beauty and color to your porches and decks.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
441561-A1	5/18	1	M	10-11:30A	Adult	\$25 supply fee payable to Instructor

DOWNSIZING TO A SMALLER HOME

Instructor: Robin Jenkins Vanderlip

Are you thinking about downsizing? Downsizing to a smaller home lecture, slide presentation and discussion will be presented by Robin Jenks Vanderlip, with Berkshire Hathaway HomeService PenFed Realty. She will compare features and benefits of home styles, discuss modifications to the home, expense, tax benefits, and the psychology behind parting with your belongings and letting go. Don't miss this informative FREE lecture. Registration is preferred. Light refreshments will be provided.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
441564-A1	5/4	1	M	10-11A	Adult	FREE

AARP SMART DRIVER

Instructor: Ralph Rosenthal

The Vienna Community Center hosts the AARP Mature Driving Safety Program in the fall and spring. This comprehensive classroom driver retraining course is geared to the specific needs of motorists aged 50 and older. The course will cover the effects of aging and medications on driving, basic driving rules, license renewal, local traffic hazards, adverse road conditions and accident prevention measures. Graduates of the course could receive a five to ten percent discount from their car insurance company. Class size is limited to 35 participants. Individuals are given a 1-hour break for lunch. It is suggested that you bring a bag lunch to class. Both classes must be attended. The cost of the course is \$15 for AARP Members and \$20 for non-members and paid on the first day of class. No cash is accepted. Checks or money orders should be made payable to AARP. Advanced registration is required. Registration cannot be taken over the phone. Register early this course fills very quickly!

Activity #	Dates	Classes	Day	Time	Age
442290-A1	4/13-4/14	2	M,Tu	10-3P	Adult



MATURE ADULTS



HOW TO GROW YOUR OWN FOOD

Instructor: Robin Jenksvanderlip

How does your garden grow? This lecture is a hand on program demonstration on how to prepare your garden given by Robin Jenks Vanderlip, Master Gardener and Berkshire Hathaway HomeService PenFed Realtor. The lecture will include what to plant when and how to prepare your soil, as well as adaptive techniques that one can use, when planting. Attendees will plant an assortment of seeds to take home and nurture until it is planting time. Registration is required. A \$10 supply fee paid to the instructor.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
442482-A1	3/2	1	M	10-11:59A	Adult	\$10 supply fee paid to instructor

FOOD SAFETY FOR SENIORS

Instructor: Ron Campbell

This food safety workshop will be presented to senior citizens to remind them of specific food safety practices they should be aware of. The presentation will be led by Ron Campbell, Senior Environmental Health Specialist with Fairfax County, and will focus on Clean, Separate, Cook and Chill, the four components of a Be Food Safe program created by the Partnership for Food Safety Education. During the presentation a number of giveaway items will be provided to participants to encourage them to practice the four components of the Be Food Safe program. This is a FREE lecture; registration is preferred.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
442484-A1	3/9	1	M	10-11A	Adult	FREE

BRIDGING THE GAP IN TECHNOLOGY TOOLS

Younger people usually learn from the knowledge and experience of their elders but technology has reversed that tradition, especially when it comes to learning about high-tech devices and the Internet. Whether you've just gotten a new device or just want to better operate the one you already have, this session will help you learn a little about how to use your Ipad and Iphone. James Madison seniors, who've grown up in the digital age will answer your questions in this one-on-one session. By appointment only.

Sessions are 45 minutes.

April 6 3:00-3:45pm, 3:45pm-4:30pm

FREE

MULTIGENERATIONAL TRAVEL

Instructor: Peter Himmelberger

Peter Himmelberger, a Master Cruise Counselor with the Cruise Lines Industry Association (CLIA) will present a fun and informative view about the cruise market, how to understand cruise pricing, and how the cruising industry is marketing to and creating special opportunities for multi-generational travel, i.e. Grandparents, children, grandchildren, and why it is being viewed so successfully. You can even cruise from Baltimore year round. We will explain the cruise line market, the different cruise lines, and what makes them different, how to read the pricing, and get a better understanding of what a cruise is and isn't, which cruise lines and ships might fit your style the best, and how to sort out shore excursions and pre and post land tour options. Some great giveaways too! This is a FREE lecture, but registration is preferred.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
442483-A1	4/20	1	M	10-11A	Adult	FREE



Our lives are filled with unique experiences, which make future generations more knowledgeable, when shared through written autobiographies. This is an opportunity to record the story of your life for your children, and children, and generations to come. At the beginning of each session class members themselves select topics about which to write. Each week each class member comes to class prepared to read the equivalent of one to two typed written pages. (Pieces may be handwritten). There is no formal critique of writing. Writers may ask for Suggestions by class members, many of whom have written for many years. This class is run by participants and does not have formal instruction. It is for fun, friendship and supportive feedback. Participants, who have been attending this class for several years, welcome new people. If a more formal writing class is not for you, consider this program as a place to share stories. A \$5 cash donation is paid in class to purchase coffee, tea, sugar, and creamer to be served at each class. There are 25 spaces available in this class.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
442480-A1	4/9-6/18	11	Th	10:40-12:40P	Adult	FREE



MATURE ADULTS

BABY BOOMERS AND BEYOND

FRIDAY WALKERS

Instructor: Jean Feeney

This walking program is perfect for the walker who likes to meet at various locations to walk a different scenic path each week. Each walk will take between 60 and 90 minutes. Participants should be able to maintain a moderate walking speed, and be able to complete 3 miles in about one hour. This class will meet rain or shine. In case of a severe thunder storm class will be rescheduled. Walkers will be given directions and are responsible for getting to each location on their own. The first session will meet at the front desk of the Vienna Community Center to obtain walking guides and meet other walkers. If you have a cell phone kindly bring it. This season's five walks are: April 17 - Vienna Community Center - Vienna April 24 - Manassas Bull Run Park - Centreville May 1 - Riverbed Park - Great Falls May 8 - Burke Lake Park - Burke May 15 - Blue Mont Park - Arlington Please be sure to include your e-mail address on your registration form so that you can be contacted in case of class change. Advanced registration is necessary.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
442472-A1	4/17-5/15	5	F	10-11A	Adult	\$15/\$18.75/\$15



MONDAY MORNING WALKERS s/c

Instructor: Jean Feeney

Come and walk on local trails, scenic paths and parks in the area. You should be able to walk each 3 mile route in about one hour. One route runs from the community center onto the W&OD Trail, circling around the Navy Federal Credit Union and back to the community center. Other walks go through local neighborhoods and parks in the area. Come prepared to meet new walking buddies and to have a generally great time! The fee for this program Covers the cost of our guides and written directions. Meeting location is at the Vienna Community Center lobby. Bring a cell phone if you have one. Classes will meet rain or shine, the only exception being thunderstorms. Advanced registration is necessary.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
443282-A1	4/13-5/11	5	M	10-11A	Adult	\$5/\$6.25/\$5

MINDFULNESS MEDITATION AND YOGA s/c

Instructor: Cheryl Harlan



Improve your ability to pay deep attention to mind and body, as you enhance flexibility, improve balance, relieve stress, improve sleep and stimulate creativity with yoga. Each class begins with a joint freeing series of movements for the entire body. Breathing techniques, postural

alignment, plus poses to enliven energy, enhances balance, flexibility and core strength will be presented during the class series. Many postures are demonstrated in a modified or simple form, along with more advanced poses. Each class includes a deep relaxation, including such techniques as mindful body scans, progressive muscular release and guided imagery. The last section of the class includes a seated meditation which integrates focusing and relaxing the brain and mindfulness aimed to bring awareness and insights to the practice. This class is presented through the discipline of mindfulness, which is an intentional, moment-to-moment, non-judgmental awareness of the present. This discipline has been scientifically documented to positively improve one's level of health and fitness. Wear comfortable clothing, bring a sticky yoga mat and eye pad. Advanced registration is requested.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
442475-A1	3/24-4/28	6	Tu	9:30-11A	Adult	\$60/\$75/\$60

HEART AND SOLE SENIOR EXERCISE s/c

Instructor: Lisa Moscatello-Hartung

This is a unique aerobic, strength and flexibility program of chair-assisted exercise for persons with limited mobility, arthritis, diabetes, neurological impairments, compromised balance and/or beginning exercisers! "Fun"ctional fitness that utilizes energetic, yet light hearted music (Broadway hits, big band, swing, oldies but goodies) to sharpen the mind, improve coordination and condition the body! This dynamic, effective program with an upper and lower body workout in a chair, helps strengthen the cardiovascular system, tone muscles, focus on posture, and increase range of motion and flexibility! Unconventional exercise props enhance and compliment the workout! Advanced registration is necessary. *NO CLASS 4/3

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
442476-A1	3/27-4/24	4	F	11:30-12:30P	Adult	\$34/\$42.50/\$34



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MATURE ADULTS

BALANCE AND BEYOND s/c

Instructor: Lisa Moscatello-Hartung

Balance is the ability to maintain the position of one's body over a base of support whether stationary or in motion. Learn techniques to increase functional awareness and stabilize your body through drills and skills. This class focuses on building strength and stability in the upper and lower body as well as the core (trunk). Muscle strength and flexibility, visual disturbances, neurological factors, slowed reflexes, decreased coordination and other factors determine one's ability to balance. Building proper postural and body alignment and body awareness are key components to improving one's ability to maintain balance. This chair assisted program can help you put your balance in perspective and aid in fall prevention. Be prepared to stand for much of this program. Supportive athletic shoes are required for this class. *NO CLASS 3/31

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
442477-A1	3/17-4/28	6	Tu	11:30-12:30P	Adult	\$51/\$63.75/\$51

ABCs FOR SENIORS s/c

Instructor: Teresa Fletcher

This class is for older adults who want to improve and maintain their everyday activities of daily living. The class includes balance exercises, a mild cardio workout, bending, squatting and reaching exercises as well as strength training, and stretches for increased flexibility. Seniors will perform most activities in a chair, and other movements while standing (holding on to a chair). The class uses hand weights, exercise bands, soft balls and other exercise props. If you have your own hand weights please bring them to class as the number of weights available are limited. The class runs for eleven sessions. *NO CLASS 4/1

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
442576-A1	3/4-4/22	7	W	1:45-2:45P	Adult	\$59.50/\$73.50/\$59.50

SENIOR FITNESS s/c

Instructor: Jackie Dantino and Teresa Fletcher

This class is for seniors who have been exercising on a regular basis. If you are new to exercise you should consider one of the beginner classes available. This program will include cardio, weight lifting and stretching to aid in building physical endurance, muscle strength, balance and flexibility. Participants are asked to bring water, hand weights and bands to class. Participants are asked to take responsibility for knowing and regulating their own fitness level. Please note: YOU MUST BE REGISTERED TO PARTICIPATE IN THIS CLASS. The class fee guarantees a minimum of 10 classes. There may be some classes cancelled based on the teacher's availability. For Town of Vienna residents 65 years and older, there is no fee.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
443730-A1	3/24-4/30	12	Tu,Th	11-12P	Adult	\$20/\$25/\$0

WRITING CIRCLE: RELATIONSHIPS

Instructor: Nina Sichel

Join us in a new Writing Circle where we will explore relationships. Writing prompts and discussion will center on our connections with parents, sweethearts, friends and mentors. Constructive and supportive feedback from fellow writers will help you deepen your writing. Feel free to bring previous writing along these lines to share and discuss as well. This class is open to new as well as experienced writers, and is limited to twelve participants.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
441243-A1	4/9-4/30	4	Th	1-3P	Adult	\$60/\$75/\$60

GATHERING THREADS, WEAVING MEMOIR

Instructor: Nina Sichel

Our lives are creative works in progress, journeys we shape and interpret as we move through time, stories rich in image and incident. How do we develop a meaningful narrative from the events and relationships and places that make up our life story? How do we weave these threads of our lives into a unique memoir? This four-part workshop, open to new as well as experienced writers, uses discussion and writing exercises to explore memoir and some of the ways we can begin to write the stories we want to share. A relaxed, supportive environment encourages participants to exchange insights and reflect on their writing with others in the group. Come prepared to write -- bring pen and notebook/paper or laptop. Class is limited to twelve participants.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
442481-A1	4/9-4/30	4	Th	10-12P	Adult	\$60/\$75/\$60

WHITE ELEPHANT BINGO AND ICE CREAM SOCIAL

I scream, you scream, we all scream for ice cream! Attention Mature Adults...join your friends for an afternoon of White Elephant bingo and ice cream on June 25th from 12:00pm-3:00pm at the American Legion 330 N. Center St., Vienna. This event is sponsored by the Town of Vienna Parks and Recreation and the Shepherd's Center of Oakton-Vienna. Enjoy a traditional bingo game in a friendly atmosphere while you win white elephant prizes. Food available for purchase from 12:00pm-1:00pm in the Legion Canteen. Ice cream will be served at 1:00pm, and Bingo will start at 1:30pm. Bingo cards are \$2 for 2 cards (limit 2 cards per person). Please bring in a white elephant item in good condition to donate to our prize table.



MATURE ADULT SERVICES

DROP-IN AND ON-GOING RECREATIONAL PROGRAMS

DOMINOES

Fridays - 1:00 p.m. – 4:00 p.m.

Come out and make new friends as you play the game of Dominoes.

Simply show up at the center and play a fun game, as you make new friends. Newcomers welcome, it's easy to learn.

CANASTA

Tuesdays - 1:00 p.m. – 4:00 p.m.

Come out and make new friends as you play the game of Canasta.

Canasta is a card game in which four people play in fixed partners opposite each other. Two 52 card standard packs plus 4 jokers are shuffled together to make a 108 card pack. Even if you do not remember all the details, a "Canasta Packer" is available to use as review or as a learning tool. There will be no formal instructor but there will be seasoned players willing to help others new to the game. Newcomers welcome at any time.

The Vienna Community Center hosts the following activities for Mature Adults. Kindly call the group coordinator for specific details about membership and events.

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION (NARFE)

VIENNA-OAKTON CHAPTER

**Group Coordinator: Ralph Dantine
703-938-9757**

NARFE meets the second Tuesday of the month at 1:30 p.m. in The Community Center Auditorium. No meetings July and August.

THE VIENNA SENIORS BRIDGE CLUB

**Keith Openshaw - 703-876-5306
openshaw.keith@gmail.com**

Intermediate and advanced bridge players are invited to attend our gatherings on Wednesdays at 10:30 a.m. – 2:00 p.m. for bridge. There are refreshments and a lunch break at about noon

MAH JONGG

Thursdays - 1:00 p.m. – 4:00 p.m.

Come out and make new friends as you play the game of Mah Jongg

Mah-Jongg was first played by the ruling class of china and dated back to the time of Confucius. This game was introduced into the United States back in 1920. There is no formal instruction however regular players are glad to tutor new players to understand the game. The first Thursday of each month is recommended for beginners. At that time you are welcomed to observe our regular group of players.

If you decide to play on a regular basis you are asked to provide your own Mah Jongg set. There is no fee. All abilities are welcome.

TABLE TENNIS

Monday-Friday - 7:00 a.m. – 8:30 a.m.

Just show up and join us for table tennis every Monday and Thursday. Individuals of all playing abilities are welcome. This group is an on-going activity and run by group members.

BLOOD PRESSURE CHECKS

Nurse: Joan Brown

**Second Wednesday of each month –
10:45 a.m. – 11:45 a.m.**

No Reservation is required. Simply drop-in for a check-up.

Wednesday – March 11th

Wednesday – April 8th

PICKLEBALL

Mondays, Wednesday, Fridays –

11:00a.m. – 12:30 p.m.

Pickleball is a cross between tennis and badminton. This is a fun and easy game to learn and can be played by anyone regardless of athletic ability. Come and be part of our regular group of very enthusiastic players, some over 80 years of age! We have all levels of players in our groups including some Senior Olympic Pickleball Winners! No equipment is necessary, paddles and balls are provided. No reservations are necessary, just show up and play. NO PICKLEBALL March 30th-April 3rd .

DROP-IN LEGAL SEMINARS

with David Hoffman, J.D., of Hoffman & Mathey, P.C.

These programs meet on Mondays from 10:00 a.m. - 11:30 a.m. No registration necessary. Mark your calendar and plan on attending.

The 5-Step Estate Plan *March 9*

It's a fact. Estate Planning can make you ill. There is too much to understand and so many decisions to make. Sometimes, just knowing where to begin is painful. "The 5-Step Estate Plan" is formulated to bring relief. This 90 minute presentation administers estate planning in small bites that are easy to swallow. It's jargon-free, non-drowsy formula will help you overcome your fear of wills, trusts, taxes and probate and cure your chronic indecision. No prescription required. Just bring yourself, your spouse, your friends and your family and leave the aspirin at home.

Estate Planning for Normal People *April 13*

What? You say you don't own a palace, yacht, or even a private jet? You say you're not worth 10's of millions of dollars? You're not fabulously wealthy? Well, then why learn estate planning as if you were? Come down to earth with the rest of us and learn the laws and tactics that apply to the not so rich and famous. This 90-minute presentation includes such topics as: Probate for the poor, simple wills, simple trusts, property rights of husbands and wives, dealing with bratty kids, and more.

*DROP-IN LEGAL SEMINARS Presented by Wills, Trusts and Estates Attorney,
David G. Hoffman, of Hoffman & Mathey, P.C.s*



SPRING SPECIAL EVENTS

FAMILY FLASH LIGHT EGG HUNT

Friday - March 27, 7:00 pm

RAIN OR SHINE EVENT

Enjoy a family evening searching for eggs and prizes, in the dark! Please bring a flashlight so you can find the eggs. Jump like a bunny in the moon bounce and visit the Easter Bunny, The Egg Hunt will begin at dark. The cost is \$3 per family member, A maximum of six tickets can be purchase per household. Tickets go on sale for in-town resident on Saturday, March 14 from 8:30 am – 9:30 am. All remaining tickets go on sale Monday, March 16 at 8:00 am.

OLD FASHIONED EGG ROLL

Saturday - March 28, 10:30 am – 11:30 am
At Historic Freeman House, 131 Church St.
Families & Children 12 and under
Join Historic Vienna, Inc. for an Old Fashion Egg Roll, Visit with the Easter Bunny and enjoy the tales from a storyteller.
For more information call
703-938-5187.



BIKE RODEO

Saturday - May 9, 2015, 9am-1pm

Sponsored by the Town of Vienna, Parks and Recreation, Vienna Police Department, and Safe Routes to School

Vienna Fire Department Parking Lot
Bike Rodeos are designed to help children who already know how to ride develop safety skills under the guidance of veteran cyclist. Youth are given the opportunity to learn real life bicycle handling skills that enable them to safely ride in their neighborhood areas – breaking, balancing, basic road rules and how to handles obstacles. Children must have a helmet to participate. Please call the weather line for cancellations or delays
703-255-7842.



FAMILY FISHING RODEO

Saturday - April 25

Time Slots: 10:00 am; 10:30 am; 11:00 am; 11:30 am; 12:00 pm

Cost: \$5 Tickets on sale March 23

Join us at Wolftrap Creek for a fishing rodeo for all ages! The stream will be stocked with trout. Bring your fishing pole and we will supply the bait! Fishing poles will be available on-site to borrow (limited quantity).



SPRING INTO HEALTH

SATURDAY, APRIL 11TH FROM 10AM-1PM



A **FREE** Health and Wellness Fair for Mature Adults age 55+ at the Vienna Community Center.

WE HOPE TO SEE YOU THERE!



ADULT & FAMILY TRIPS

Trips - No refunds or credits will be issued within 30 days of the trip. Please note some trips require a deposit, deposits are non-refundable. **All requests for refunds or credits must be submitted in writing.**

FAMILY TRIPS

PHILADELPHIA FLOWER SHOW s/c



You are invited to attend the world's longest-running and largest indoor Flower Show. Join a Philadelphia tradition and make incredible memories on March 4th, 2015. "Lights, Camera, BLOOM!"

Experience the magic of movies and horticulture as the 186th PHS Philadelphia Flower Show celebrates the silver screen. The Show features large-scale gardens, elaborate landscapes, and over-the-top floral creations. The bus will leave the community center at 8:00 a.m. and return at 7:00 p.m.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
351560-A1	3/4	1	W	8-7P	Adult	\$69/\$86.25/\$69

POTOMAC NATIONALS FAMILY FUN BASEBALL GAME

Bring your family out for a day at the ballpark for a picnic, a ballgame and fireworks! Adults and children will enjoy a reserved ticket for the Potomac Nationals vs. the Myrtle Beach Pelicans 7:05 game, hamburgers, hotdogs, sides, dessert and sodas, FREE Potomac Nationals hat, team store discounts, and fireworks at the end of the game. The Potomac Nationals of the Carolina League play at Pfitzner Stadium in Woodbridge, Virginia, and are the Class-A Advanced affiliate of the Washington Nationals. Come out and see the future stars of the Washington Nationals!!



Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
441242-A1	5/30	1	Sa	4:30-10:30P	Adult	\$55/\$68/\$55
					Children	\$30/\$37.50

MATURE ADULT TRIPS

FORD'S THEATRE – HISTORY ON FOOT WALKING TOUR

April 2015 will mark 150 years since the assassination of Abraham Lincoln. Join us for a "History on Foot" walking tour that brings Civil War Washington to life! Led by an actor in costume, the tour explores sites in downtown Washington related to Lincoln, the assassination and the Civil War. The tour lasts approximately 2 hours and makes at least eight stops throughout the story. The distance walked is approximately 1.6 miles from Ford's Theatre to the White House. Wear comfortable shoes. The tour will take place rain or shine. After the tour we will have lunch at Old Ebbitt Grill. Come revisit the sites and clues from the investigation into the Lincoln Assassination Conspiracy!

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
441240-A1	4/15	1	W	9-4P	Adult	\$66/\$82.50/\$66

VIRGINIA MUSEUM OF FINE ARTS & LEWIS GINTER GARDENS

Virginia Museum of Fine Arts, Richmond, Va. Van Gogh, Manet & Matisse: The Art of the Flower. Enjoy a breath-taking exhibition of floral still life. Follow the realistic works of the Franco-Dutch tradition. Continue through the Impressionist's new relationships of color, light and space by artists such as Monet and Degas. Conclude with the brightly colored and symbolic Post-Impressionist works of artists such as Pierre Bonnard and Paul Cezanne. Next stop will be the Lewis Ginter Botanical Garden in Henrico, VA for a savory lunch buffet and a tour of the gardens to see a succession of breathtaking spring blooms that color the landscape with beauty.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
441241-A1	5/13	1	W	8-7P	Adult	\$84/\$105/\$84

PHOTO CONTEST AND EXHIBIT

Open to Metropolitan Area Amateur Photographers.

Entries Accepted:

Thursday - March 19 -
5:00 p.m. - 8:30 p.m.
Friday - March 20 -
12:00 Noon - 3:45 p.m.

Exhibit Dates:

Saturday - March 21 -
10:00 a.m. - 3:00 p.m.
Sunday - March 22 -
12:00 Noon - 3:30 p.m.

Entry Fee: \$10 per person limit four photos with a maximum of two in any one category.

Applications will be mailed out on February 3, 2014. Local professional photographers judge the show. Ribbons will be awarded in eight Categories: animals, architecture, digital, nature, pictorial, photojournalism, portraiture and scenic. There will be a separate Middle School and High School section for students.

